



OKLAHOMA STATE DEPARTMENT OF HEALTH

# State of the County's Health Report

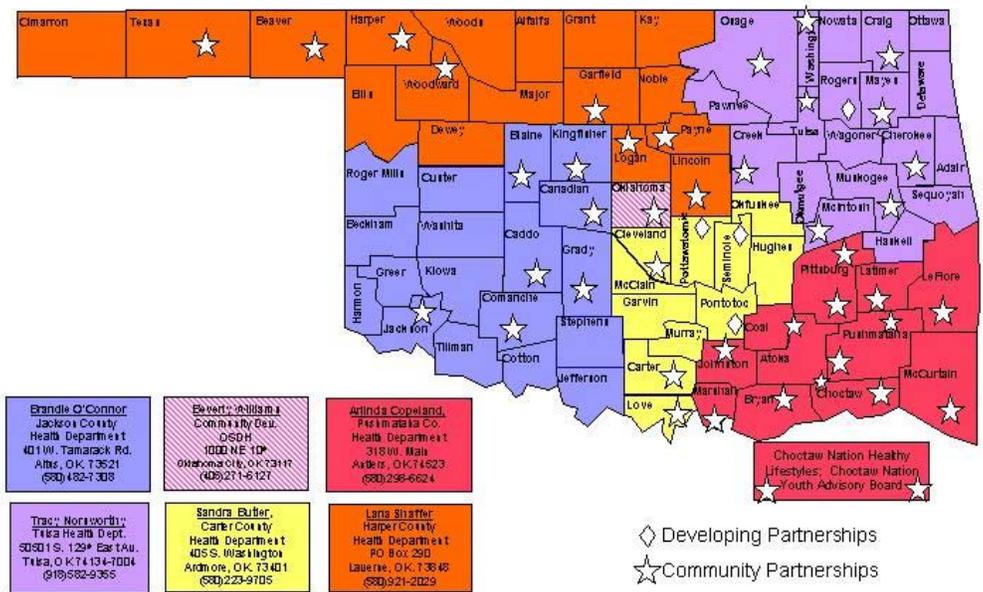
## A Look Back To Move Forward

### Murray County

The state of Oklahoma has been in a downward health trend since the 1990's, until recently. Through the efforts of the state and county health departments, state and local governments and the individual communities the health of Oklahomans is looking up. However, we could do more to improve the health of the citizens of Oklahoma.

This report focuses on the health factors for the citizens of Murray County. We will take a look back to discover what has been affecting the health of the citizens in order to move forward and make healthy, effective and safe changes for all.

TURNING POINT PARTNERSHIPS and FIELD CONSULTANT DISTRICT

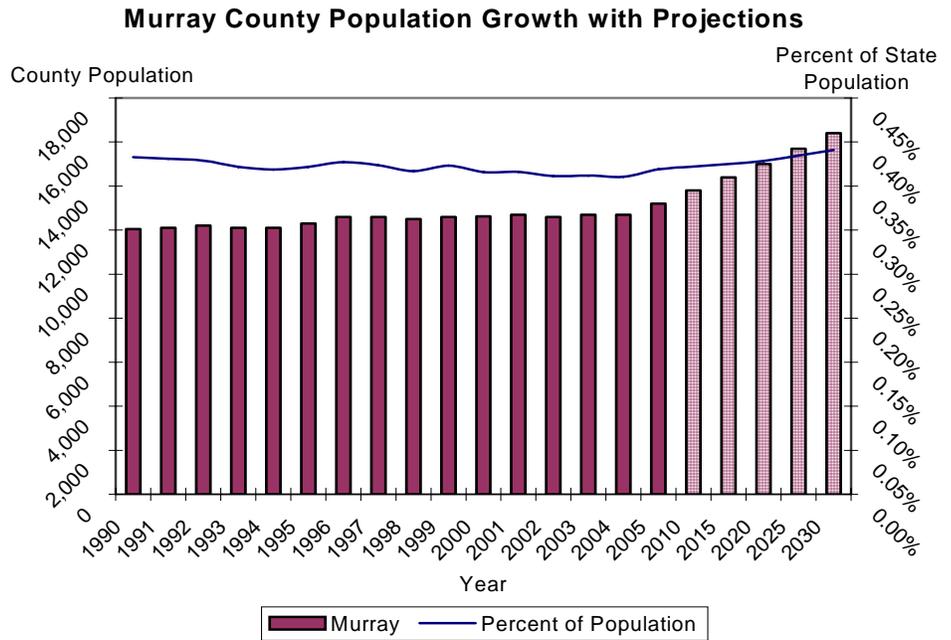


#### Inside this issue:

County Demographics	2	Teen Pregnancy	5
Top 10 Leading Causes of Death	2	Poverty	5
Nutrition & Obesity	2	OK By One—State Immunization Data	6
Top 10 Leading Causes of Death Table	3	County Health Department Usage	7
Injury & Violence	4	Health Care Costs Summary	7
Tobacco use	4	Turning Point	8
Physical Activity, Wellness & Diabetes	4		

# Demographics

- Population estimates
  - 5% increase from 1990 to 2000 (12,042 to 12,623)
  - 1% increase from 2000 to 2004
  - Ranked 36<sup>th</sup> for growth in state
- 2000 Census
- Hispanic/Latino ethnicity = 3%
- Race
  - Whites = 81%
  - Native Americans = «Indian %»
  - Blacks = 2%
  - Other/Multiple = 6%
- Age
  - Under 5 = 7%
  - Over 64 = 18%
  - Median age = 39.8 years
- Housing units
  - Occupied = 5,003 (77%)
  - Vacant = 1,476 (23%)
- Disability (ages 21 to 64) = 24.9%
  - national = 19.2% state = 21.5%
- Individuals below poverty = 14.1%
  - national = 12.4% state = 14.7%



\* *Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control*

## Top 10 Leading Causes of Death

The top 10 leading causes of death table on the next page displays a broad picture of the causes of death in Murray County. Since many health-related issues are unique to specific ages, this table provides causes of death by age group at a glance. The causes of death that are present across almost every age group have been highlighted. From 1983 to 1993 heart disease killed 721 people in Murray County and is

still the leading cause of death among all age groups. According to the Centers for Disease Control, almost \$400,000 is spent on each heart disease-related death. With an average of 66.8 deaths a year, heart disease accounts for almost \$25 million a year in medical costs

**Heart disease accounts for almost \$25 million a year in medical costs in Murray County.**

in Murray County.

Alzheimer's disease and the complications associated with it have increased from the 14<sup>th</sup> ranked cause of death (1983-1993) to the 11<sup>th</sup> ranked cause of death in persons 65 and older accounting for a 83% increase in deaths.

\* *Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & Health Affairs Journal, R. Strum, 2002*

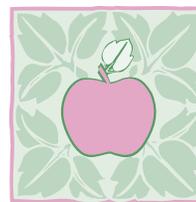
## Nutrition and Obesity

With the United States coming in as the most obese country in the world, health care costs related to obesity and poor nutrition are on the rise.

Of the 292 million people in the United States, 129 million are overweight or obese according to their body mass index (BMI). The number of obese (BMI > 29) and overweight (BMI 25-29) Oklahomans has been increasing at the

same rate as the nation, and health care costs are reflecting this downward spiral of health. For persons under the age of 65, on average, health care costs are \$395 more for obese individuals and are even greater for persons over the age of 65.

In 2002-2004, 14.5%



**Sensible Foods – Sensible Portions  
5 to 9 Fruits & Vegetables a Day**

( 1,844 ) of people in Murray County were considered obese which accounted for an additional \$728,380 in medical costs for the county. These costs are underestimated because they do not take into account the percentage of obese or overweight persons who are over the age of 65.

## Top 10 Causes of Death by Age Group Murray County 1993-2003

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	SIDS 4	UNINTENT. INJURY 2	UNINTENT. INJURY 22	SUICIDE 9	UNINTENT. INJURY 12	HEART DISEASE 29	CANCER 77	HEART DISEASE 623	HEART DISEASE 735
2	UNINTENT. INJURY 4	SUICIDE 1	HOMICIDE/ LEGAL 1	UNINTENT. INJURY 6	CANCER 10	CANCER 25	HEART DISEASE 70	CANCER 295	CANCER 410
3	CONGENITAL ANOMALIES 3		SUICIDE 1	DIABETES MELLITUS 1	HEART DISEASE 10	SUICIDE 7	BRONCHITIS EMPHYSEMA/ ASTHMA 11	INFLUENZA/ PNEUMONIA 98	INFLUENZA/ PNEUMONIA 106
4	PERINATAL PERIOD 3		OTHER 2	HEART DISEASE 1	SUICIDE 3	LIVER DISEASE 6	LIVER DISEASE 9	STROKE 89	BRONCHITIS EMPHYSEMA/ ASTHMA 105
5	HEART DISEASE 2			HOMICIDE/ LEGAL 1	INFLUENZA/ PNEUMONIA 2	UNINTENT. INJURY 6	STROKE 8	BRONCHITIS EMPHYSEMA/ ASTHMA 88	STROKE 98
6	CANCER 2			SEPTICEMIA (BLOOD POISONING) 1	LIVER DISEASE 2	BRONCHITIS EMPHYSEMA/ ASTHMA 5	KIDNEY DISEASE 6	DIABETES MELLITUS 45	UNINTENT. INJURY 95
7	KIDNEY DISEASE 1				SEPTICEMIA (BLOOD POISONING) 2	CONGENITAL ANOMALIES 3	UNINTENT. INJURY 6	UNINTENT. INJURY 37	DIABETES MELLITUS 51
8	OTHER 1				BRONCHITIS EMPHYSEMA/ ASTHMA 1	INFLUENZA/ PNEUMONIA 2	INFLUENZA/ PNEUMONIA 4	KIDNEY DISEASE 26	KIDNEY DISEASE 34
9					DIABETES MELLITUS 1	SEPTICEMIA (BLOOD POISONING) 2	SUICIDE 4	SEPTICEMIA (BLOOD POISONING) 26	SEPTICEMIA (BLOOD POISONING) 32
10					HIV 1	VIRAL HEPATITIS 2	DIABETES MELLITUS 3	PNEUMONITIS 14	SUICIDE 28

Data source: Vital Statistics, Health Care Information Division, Oklahoma State Department of Health

Produced by: Community Development Service, Community Health Service, Oklahoma State Department of Health

July 2005

## Injury and Violence

Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 4th leading cause of death in the United States and the 5th leading cause of death in Oklahoma from 1999-2002. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

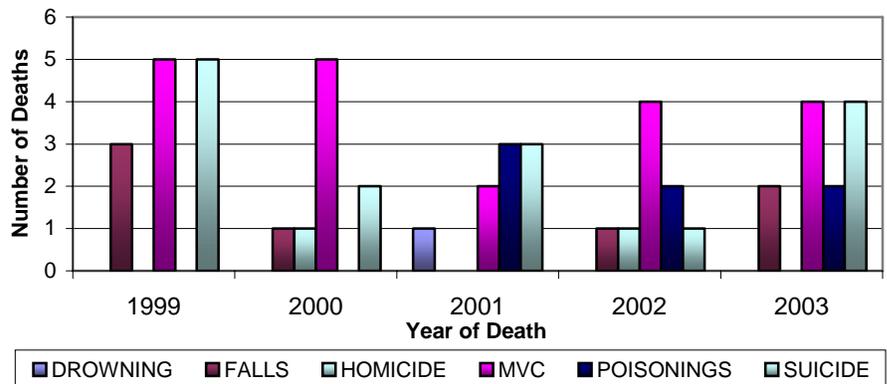
This trend does not change much in Murray County. Unintentional injuries are the leading cause of death from ages 5 to 24.

It is estimated that for every motor vehicle-related death \$1.1 million in economic costs are incurred. For Murray County which has an average of 4 motor vehicle-related deaths a year, that

translates to over \$4 million a year. Violence-related injuries (homicide and suicide) in Murray County are

ranked in the top 10 in six of the eight age groups (see Top 10 list on page 3).

**Injury and Violence-Related Deaths in Murray County, 1999 - 2003**



\* Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control

## Tobacco Use

According to the 2005 State of the State's Health Report, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. Oklahoma has been consistently higher in its tobacco use than the nation and is 30% higher than the nation on the amount of tobacco consumed per capita (103 packs vs. 79 packs).

Tobacco use is no longer just the

problem of the individual but also the community as a whole. With health care costs on the rise, targeting areas such as tobacco use is an effective way to control those costs.

In 2002, the CDC estimated that a person that used tobacco accrued over \$3,300 in health care costs per year. According to the Be-

havioral Risk Factor Surveillance Sys-

tem, it is estimated that 37.1% (4,718) of people in Murray County use tobacco of some sort. Medical costs accumulated by those persons are almost \$16 million a year for Murray County.

*“Medical costs accumulated by those persons are almost \$16 million a year for Murray County”*

\* Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & American Diabetes Association, 2002

## Physical Activity, Wellness and Diabetes

The increasing inactivity of the U.S. population is contributing to an increase in numerous poor health-related outcomes. Physical inactivity robs the body of precious energy needed to function properly, in turn health declines and rates of various chronic diseases escalate.

According to the 2002-2004 Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that 25.2%

(3,205 ) of people in Murray County had no leisure activity in the past month at the time they were surveyed.

The BRFSS also indicated that 10.6% (1,348 ) of Murray County citizens have been diagnosed by a health professional as hav-



*Increase activity gradually. Moderate exercise for 30 minutes 5 days a week.*

ing diabetes. In 2002, the per capita annual healthcare costs for people with diabetes was \$13,243 compared to \$2,560 for people without diabetes. Persons with diabetes accumulated health care costs of \$17,851,564.00 in one year for Murray County.

# Teen Pregnancy

While births to teen mothers (age 15 to 19) are on the decline in both the U.S. and Oklahoma, Oklahoma has moved up in rank from 13th to 8th in the country. In 1993 the rate of teen births

was 60.0 (per 1,000 15-19 year old females) in the U.S. and 66.6 in Oklahoma. In 2003, the rate decreased to 41.7 in the U.S. and 55.8 in Oklahoma, a decrease of

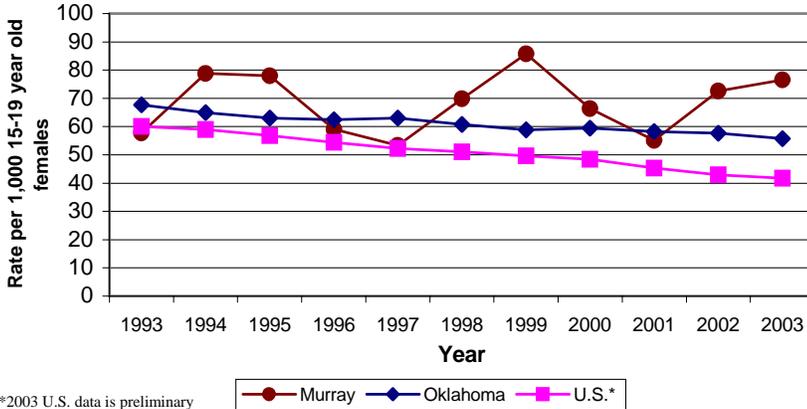
31% and 7%, respectively.

Children of teen mothers are more likely to display poor health and social outcomes than those of older mothers, such as premature birth, low birth weight, higher rates of abuse and neglect, and more likely to go to foster care or do poorly in school. Additionally, births to teen mothers accumulate \$3,200 a year for each teenage birth, which is passed on to citizens.

According to Oklahoma Vital Statistics, Murray County had a teen birth rate of 76.5 in 2003 which was a 5% increase from 2002 (72.6) and a 32% increase since 1993 (57.8).

With an average of 30 births per year, teen pregnancy costs the citizens of Murray County \$96,000.00 a year.

**Rate of Live Births to Teen Mothers Ages 15-19, Murray County, 1993 to 2003**



\*2003 U.S. data is preliminary

Note: 4 births to a mother 10-14 years of age occurred during the 11 year period.

# Poverty

\* U.S. Census Bureau

As the nation advances in technology and the ability to detect and prevent disease at an earlier stage, persons that are impoverished carry a large burden of poor health outcomes. Higher incidences of unplanned or unwanted pregnancies, teen pregnancy, inadequate prenatal care, higher rates of low-birth-weight babies, infant deaths and low immunization rates are all associated with poverty along with a myriad of other adverse health outcomes.

According to the 2000 census, 14.1% of persons in Murray County

for whom poverty status was known had an income below what was needed to live at the federal poverty level. Murray County is 4% below the state (14.7%) and 14% above the nation (12.4%) for persons with incomes below the federal poverty level.

**Income to Poverty Ratio, Murray County, 2000 Census**

Poverty level	Total	50% below	51% to 99% below	poverty level to 149% above	150% to 199% above	200% and above
Population	12,287	695	1,035	1,602	1,485	7,470
Cumulative Population		695	1,730	3,332	4,817	12,287
% of Total	100.0%	5.7%	8.4%	13.0%	12.1%	60.8%
Cumulative %		5.7%	14.1%	27.1%	39.2%	100.0%

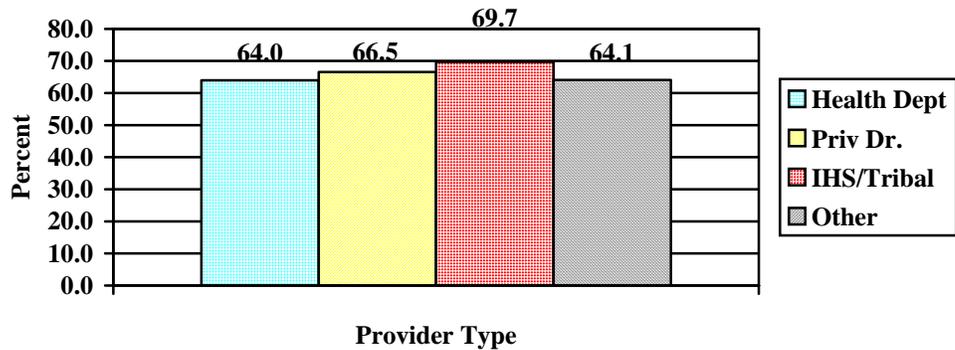
# OK By One - State Immunization Data

\* 2 Year-old Immunization Survey, Immunization Service, OSDH

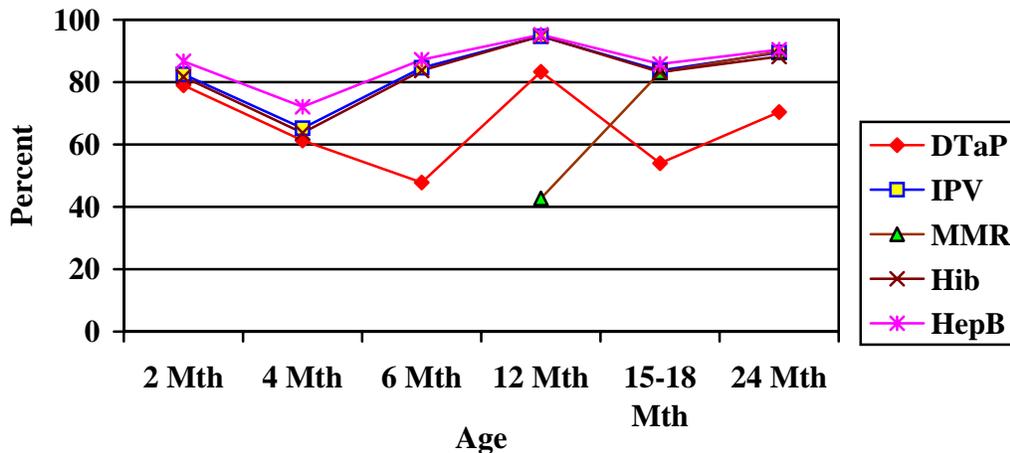
## 2003-04 Immunization Coverage Rates



## 4:3:1:1:3 Coverage by Location of Shots, Oklahoma, 2004



## Oklahoma Children On Schedule by Antigen, 2004

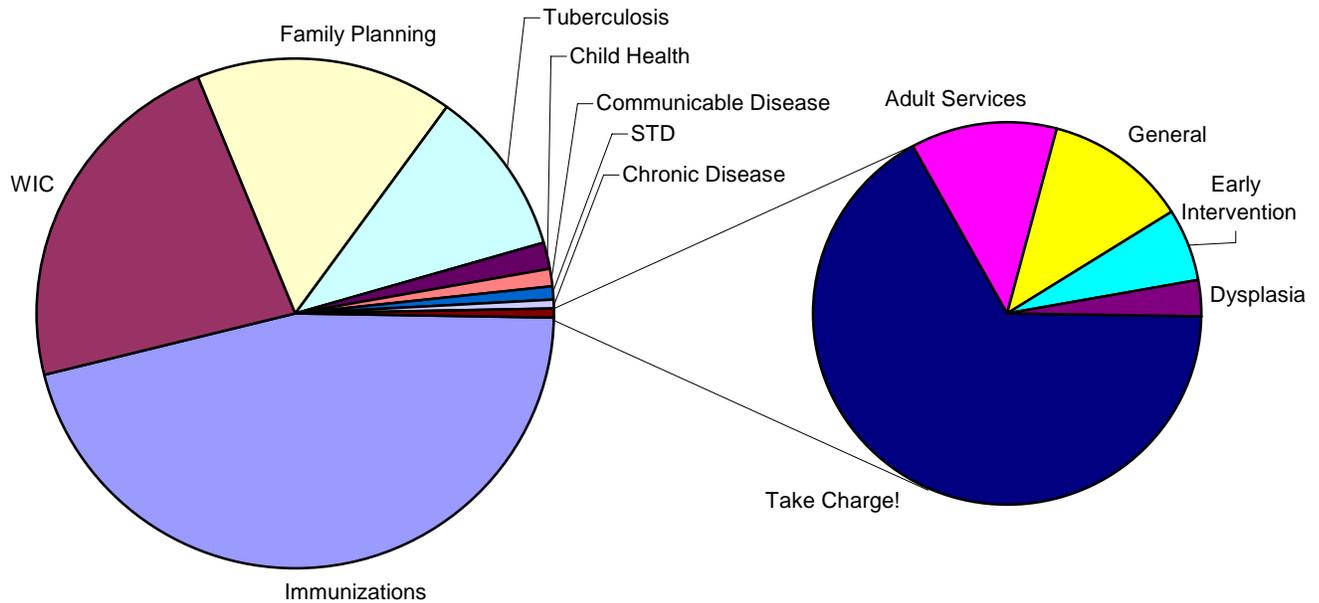


\*\*Note: County level data will be available soon.

# County Health Department Usage

\* PHOCIS, Community Health Services, OSDH

## Attended Appointments for Murray County Health Department, State Fiscal Year 05



## Health Care Costs Summary

### Cardiovascular Disease (Heart Disease)

- Average 67 deaths a year
- \$369,476.69 per death
- Total— \$24,754,938.23 a year

### Obesity

- 14.5% of population ( 1,844 )
- \$395.00 in additional medical costs per person
- Total—\$728,380.00

### Motor Vehicle-Related Injury Death

- Average 4 deaths per year
- \$1,120,000.00 in economic costs per death
- Total—\$4,480,000.00 a year

### Tobacco Use

- 37.1% of population (4,718)
- \$3,300.00 in health care costs
- Total—\$15,569,400.00 a year

### Diabetes

- 10.6% of population (1,348 )
- \$13,243.00 in healthcare costs a year
- Total—\$17,851,564.00 a year

### Teen Pregnancy

- Average of 30 births to teen mothers per year
- \$3,200.00 in costs for each birth a year
- Total— \$96,000.00 a year



Grand Total for Murray County:

**\$63,480,282.23**



**OKLAHOMA STATE  
DEPARTMENT OF HEALTH**

Community Health Services  
Community Development Service

1000 NE 10th St, Rm 508  
Oklahoma City, OK 73117  
Phone: 405-271-6127  
Fax: 405-271-1225

**Murray County Health Department**

730 Cambridge Drive  
Sulphur, OK 73086  
580-622-3716

***A Look Back  
To Move Forward***

Report compiled by:  
Miriam McGaugh, M.S.  
Community Development Service, OSDH  
Kelly Baker, MPH  
Health Care Information Systems, OSDH

*The Oklahoma Turning Point Initiative is public health improvement in action. The success of the Turning Point process involves a partnership between the state and county departments of health, local communities, and policy-makers. The Oklahoma Turning point engine is fueled by a community-based decision making process whereby local communities tap into the capacities, strengths, and vision of their citizens to create and promote positive, sustainable changes in the public health system, and the public's health.*

---

# Oklahoma Turning POINT



*Oklahoma Community Partners  
in Public Health Innovation*